







7:37



**Shannon Arbogast** ▶ **PCHS  
Warrior Soccer**



🛡️ **Admin** · 27 mins · 👤

**Practice has been been  
cancelled due to the  
weather.**



**Like**



**Comment**



Pocahontas County High School  
271 Warrior Way  
Dunmore, WV 24934  
304-766-6565



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**Pocahontas County High School  
Photo Permission OPT Out Form**

Throughout the year, PCHS students participate in activities, events or projects in which we want to showcase the students. The students may be photographed or videotaped in order to do this.

***Please fill this form out ONLY if you DO NOT want your child's picture used!***

Please return by October 22, 2019. If we do not receive this form back by that date, we will assume your child can be photographed.

Student Name: \_\_\_\_\_

Homeroom Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

In school displays - including but not limited to: bulletin boards, class-made books, or student multimedia projects; students may be identified by first and last name.

School Facebook Page - including but not limited to main pages, class pages, or special events taking place at school or outside of school. Students may be identified at times by first name only.

Parent  
Signature: \_\_\_\_\_

Date: \_\_\_\_\_



Yeti Raffle:

3 Chances to WIN!!

For PCHS Junior Class \$5 for 1 or \$20 for 5

3 drawings on 10/31/19

Items:

1<sup>st</sup> - White Yeti cooler

2<sup>nd</sup> - 2 20 oz. cups (purple & black)

3<sup>rd</sup> - Yeti lunch bag

Winners will be contacted through given information.

NAME: \_\_\_\_\_

PHONE #: \_\_\_\_\_

SELLER: \_\_\_\_\_









# Pink out

## Friday

### Oct 25, 2019

Wear your pink to support Breast Cancer Awareness and help your class win the 1<sup>st</sup> battle of the classes.



Supporting the *fighters*  
Admiring the *Survivors*  
Honoring the *taken*  
and never, ever giving up  
*hope*

# Pocahontas County HS Letterman Jacket Order Form



## Starter Package

☐ Vinyl Sleeves

School name and mascot on back (Chenille)

Name and year date embroidered on front

Vinyl trimmed pockets

**\$199**

## Varsity Package

Leather Sleeves

☐ School name and mascot on back (Chenille)

Name and year date embroidered on front

Leather trimmed pockets

**\$249**

## Sizing Chart

X-Small (30-32)    2X-Large (50-52)  
Small (34-36)    3X-Large (54-56)  
Medium (38-40)    4X-Large (58-60)  
Large (42-44)    5X-Large (62-64)  
X-Large (46-48)    4X or 5X Add \$40

## Jacket Personalization:

Jacket Size \_\_\_\_\_

Name (Front) \_\_\_\_\_

Grad Year \_\_\_\_\_

Add School Letter (Add \$20) ☐

## Jacket Add-On Options:

Sport / Activity Back Bottom (Add \$ 25) \_\_\_\_\_

Left Sleeve Patch (Add \$15 each) \_\_\_\_\_

Right Sleeve Patch (Add \$15 each) \_\_\_\_\_

\*\*\* Write in Sport or Activity. They'll pick patch at order table.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Jacket Price:	
Add-On:	
S/H:	\$9.95
Subtotal:	
Add 6% Tax:	
Total:	
Amount Paid:	
Balance Due:	

Cash    Check    Visa    M/C    Discover    AMEX

Card Number: \_\_\_\_\_

Exp Date: \_\_\_\_ / \_\_\_\_    Code on Back: \_\_\_\_\_

Amount Paid: \_\_\_\_\_    Check #: \_\_\_\_\_

\*\* Minimum \$150 deposit or paid in full to Order. November 1st is deadline for guaranteed Pre-Christmas delivery.

\*\* Jackets take approximately 6 weeks for delivery. Jackets are non-refundable because of personalization.

Mail jacket order forms to: Jostens Po Box 920 Scott Depot, WV 25560 (681)235-3138









## Citrus Sale 2019

DOCX - 580 KB



## Frontier FFA Annual Fruit Sale 2013

2019

Last Day of Sale: Friday, November 21, 2019

Fruit Delivered week of December 2, 2019

Pocahontas  
FFA Fruit

Sale	Variety	Full Box Price	Half Box Price
Florida Navel Oranges		\$31	\$16
California Navel Oranges		35	18
California Mandarin Oranges (10# bag)			20
Grapefruit		30	16
Hamlin Oranges (Juice Oranges)		26	14
Red Delicious Apples (WV grown)		23	12
Gold Apples (WV grown)		23	12
Fuji Apples (WV grown)		23	12
Granny Smith Apples (WV Grown)		23	12
Trios (navel/grft/red del)		25	
Mixed (navel/grft)			15
Fruit Basket			20
Pears (Anjou, 45 ct., tissue wrapped)			27
Summer Sausage Regular			5
Summer Sausage Jalapeno and Cheese			5

Checks made out to Pocahontas County FFA

**Citrus sold in 4/5 bushel boxes that weigh about 42 lbs.**

**Mandarin Oranges sold in 10# bags**

**Apples sold in bushel boxes that weigh 50 lbs.**

Citrus is US #1 grade Apples are Extra Fancy

Questions? Call us at **304-799-6564**

*FFA members get credits toward FFA educational trips for every box sold.*

Open Word















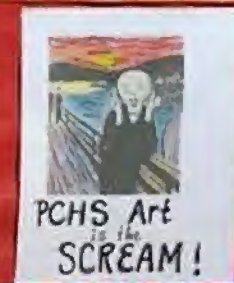














# Door Judging Dates and Themes

October 25<sup>th</sup> – Halloween/Fall

December 13<sup>th</sup> – Christmas/Winter

February 21<sup>st</sup> – Valentine's Day

April 24<sup>th</sup> – Spring/Summer

## **Dress up days for the year**

October 25<sup>th</sup> – Pink Out

November 22<sup>nd</sup> – Red, White, and Blue

December 10<sup>th</sup> – Socks/Bling

December 11<sup>th</sup> – Red/Santa

December 12<sup>th</sup> – Green/Grinch

December 13<sup>th</sup> – Holiday Sweater

January 31<sup>st</sup> – College/ Pro

February 21<sup>st</sup> – Maroon and Gold

March 27<sup>th</sup> – Hawaiian

April 24<sup>th</sup> – Class Color





***YOU'RE INVITED TO***

# THE Snow Ball

This is a formal dance for all students grades 9<sup>th</sup> – 12<sup>th</sup>

Tickets will be available for purchase during lunch starting NOVEMBER 4<sup>th</sup>

**Ticket Prices: \$15 per person**

**Saturday  
December  
14<sup>th</sup>**

**7-10pm at  
Opera House**

**Pickett  
Fence will  
take pictures**











Run ✓  
Forest  
Run

DO-NUT  
STOP









GO You Don't  
Vote Got This Give  
NHS Runners UP!  
GO



































































































**POCAHONTAS COUNTY SCHOOLS**  
**October Breakfast and Lunch Menu 2019**  
**National School Lunch Week – October 14-18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 *Egg Omelet *Cereal *Fruit  Beef Taco*** Tomato/Lettuce/Sour Cream Refried Beans*** Corn*** Fruit***	2 *French Toast *Cereal *Fruit  Fish*** Diced Potatoes*** Broccoli*** Roll*** Fruit***	3 *Biscuit & Gravy *Cereal *Oranges  Pizza*** Tossed Salad*** Corn*** Fresh Carrots*** Fruit***	4 *Breakfast Pizza *Cereal *Applesauce  Popcorn Chicken*** Peas*** Macaroni & Cheese*** Fresh Spinach Salad*** Fruit***
2 *Pancake Sausage on a Stick *Cereal *Apple  Turkey/Cheese Sub*** Lettuce/Tomato/Onion Pork-N-Beans*** Sweet Potato Fries*** Fruit***	8 *Homemade Cinnamon Roll *Cereal *Blueberries  Sausage patty*** Eggs*** Hash Brown*** Biscuit*** Apple Crisp	2 *Apple Stick *Cereal *Craisins  Meatloaf *** Mashed Potatoes*** Green Beans *** Roll*** Fruit ***	10 *Pretzel w/Cheese Sauce *Cereal *Fruit  Chicken*** Caesar/Romaine Salad*** Quick Bake Potato*** Roll*** Fruit***	11 *Chocolate Chip Bar *Cereal *Orange  Bacon Cheeseburger*** Lettuce/Tomato/Onion Ketchup/Mayo/Mustard Bun*** Broccoli*** French Fries*** Fruit***
14 *French Toast *Cereal *Fruit  Chicken Sandwich*** Bun*** Tomato/Lettuce/Onion Ketchup/Mayo/Mustard Great Northern Beans*** Broccoli*** Fruit***	15 *Pop tart *Cereal *Fruit  Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***	16 Professional Learning Day No school for students	17 *Egg Omelet *Cereal *Fruit  Chicken Tenders*** French Fries*** Baked Beans*** Roll*** Fruit***	18 *Bagel w/Cream Cheese *Cereal *Strawberry Cup  Spaghetti w/Meat Sauce*** Romaine Tossed Salad*** Corn*** Roll*** Fruit ***
21 *Egg/Sausage Biscuit *Cereal *Orange  Chicken Wrap*** Black Beans*** Salsa/Sour Cream Corn*** Peaches***	22 *Homemade Blueberry Square *Cereal *Fruit  Chili*** Grilled Cheese Sandwich*** California Blend*** Fresh Carrots*** Fruit***	23 *Parfait/Smoothie *Cereal *Fruit  Lasagna*** Romaine Salad*** Corn*** Garlic Bread*** Fruit***	24 *Breakfast Burrito *Cereal *Fruit  Chicken*** Diced Potatoes*** Fresh Carrots*** Birthday Cake Fruit***	25 *Apple Muffin *Cereal *Fruit  Hot Dog*** Hot Dog Chili*** Bun*** Broccoli*** French Fries*** Fruit***
28 *Pumpkin Bread *Cereal *Fruit  Meatball Sub*** Glazed Carrots*** Macaroni Salad*** Fruit***	29 *Homemade Cinnamon Roll *Cereal *Fruit  Sloppy Joe*** Baked Beans *** Homemade Coleslaw *** Tater Tots*** Fresh Broccoli*** Fruit***	30 *Zucchini Bread *Cereal *Fruit  Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***	31 *Apple Stick *Cereal *Craisins  Chicken Nuggets*** Fresh Carrots*** Oven Fries*** Breadstick*** Fresh/Mixed Fruit ***	

Students must take a \*Fruit or Juice and two other items\* for breakfast! Milk and Yogurt offered daily.  
 Students must take a Fruit or Vegetable\*\*\* and two other items\*\*\* for lunch! Milk and fresh fruit offered daily.

















































POCAHONTAS COUNTY WARRIORS									
HOME	8:34	VISITOR							
0	3	QTR	3	0					
DOWN	10	TO GO	BALL ON	0					





















































































BONUS	PERIOD	BONUS
FOULS	PLAYER FOULS	FOULS
WON	MATCH	WON
RESTAURANT HOME COOKED MEALS CONVENIENCE STORE	DONATED BY <i>THE Ryder's</i> BOYER, WV.	AUTO SALVAGE NEW & USED PARTS WRECKER SERVICE

# WARRIOR TERRIT

































































